

Celebrate Black History Month In February

It's important to understand the roots of our traditions. The origins of Black History Month are as fascinating and intriguing as its founder, Carter G. Woodson.

This year as we celebrate Black History Month, aspire to learn more about the people who helped make our nation what it is today.

Carter G. Woodson (1875-1950) was born on a small farm in New Canton, Virginia to parents who had been slaves. Neither his mother nor father could read or write. Woodson had to work to earn money for the family and didn't start school until later than most children.

From an early age he possessed an

unquenchable thirst for learning. When he could, he attended the local school, and eventually went to Berea College in Kentucky. His motto was "it is never too late to learn."

"If a race has no history, if it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated."

—Dr. Carter G. Woodson

Eventually, he earned a B.A. from the University of Chicago in 1907. In 1908 he attended Sorbonne University in Paris where he became fluent in French.

He earned a Ph.D. in History from Harvard University in 1912, becoming only the second African-American to earn such a degree.

Woodson taught briefly and held educational administrative posts in the Philippines, at Howard University (where he was Dean of the School of Liberal Arts), and West Virginia State College. He became a high school teacher and was sad to discover that none of the schools taught the history of black Americans.

He started the American Negro Academy to study the important things black people had accomplished, and on February 19, 1926, Woodson established "Negro History Week" which is now called Black History Month in the United States. He chose February for the observance because February twelfth was Abraham Lincoln's birthday and February fourteenth was the accepted birthday of Frederick Douglass.

By the 1970s, Negro History Week had expanded to become Black History Month.

Dr. Carter G. Woodson was truly a great man and an intensely dedicated soldier in the cause of African freedom and redemption.

Meet The New ICSEW Executive Board

The 2001-2002 Executive Board is a diverse group of individuals committed to the mission and purpose of the Interagency Committee of State Employed Women (ICSEW). To learn more about them, read their personal biographies listed here.

Chair – Annykay Melendez

Annykay Melendez is a Human Resource Consultant Assistant with the Washington State Auditor's

Office (SAO). She has been with the SAO since 1996. Annykay provides technical support to the Personnel section of the SAO's Human Resource Department. Her diverse

duties and areas of expertise include: registers, payroll, general human resource support, and other activities as needed. Annykay graduated with an Associate in Technical Arts Degree (business emphasis) and a Certificate of Proficiency (Office Assistant) from Centralia College.



She has served as an active member of the Membership Committee and served as Vice-Chair. She has also volunteered on special events including Take Our Daughters to Work Day and organized a very successful clothing drive. Annykay resides in the Olympia area with her daughter Angelica. Her hobbies are gardening, trips to the ocean and spending time with family and friends.

Vice-Chair - Rose Pelegrin

Rose Pelegrin was born in the Philippines and has also lived in several other countries. Because of this exposure to other cultures, Rose considers herself to be a citizen of the world. She moved to the United States in 1972, but left for Canada soon after. Rose lived in Canada for 11



years and then returned to the States in 1985.

She began her public service career with the Washington State Patrol in 1991, then was employed with the Department of Labor and Industries in December 1993. After six months in the Crime Victims Program, she transferred to what was then known as Building & Construction Safety Inspection Services, now known as Specialty Compliance Services (SCS).

Currently under the mentorship the SCS Assistant Director Patrick Woods, she plans the division's employee recognition and other special events, while simultaneously managing various division interests and issues as an Administrative Assistant 4.

Rose leads L&I's ICSEW Core Group in the annual celebration of Lifting Mind, Body, and Spirit Fair. She also represents her division in the L&I Special Events Committee, Combined Fund Drive, and the Governor's Industrial Safety & Health Conference sponsored by WISHA.

Rose uses her talent as an interior designer by volunteering for the Providence St. Peter's Foundation Christmas Forest where she designs Christmas trees for fund raisers.

Executive Secretary - Rhonda Scarborough

Rhonda Scarborough is a fifth Generation native of the Longview area. Her ancestors were of German and Norwegian descent. Her father's german ancestors settled the land she still lives on. She started her career at the local mill after two years of college as an Arts and Sciences major. Rhonda worked for 10 years at the Reynolds Metals plant in Longview.

Rhonda began work with the Department of Transportation in April 1989 as a temporary employee. By No-

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Meet The Board

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member of that year she was hired on permanent status. Her most memorable inspection was the truss bridge on SR 504 that spans Hofstad Creek. It's 374 feet above the valley floor. This was a once in a lifetime opportunity. She then transferred to the Regional office and worked in Program Management until August 1999 when she transferred to the Utilities office to fill the position as Regional Utility Inspector.

Rhonda attended an ICSEW conference in 1997. She expressed her growing interest in the committee in 1999. Her agency selected her to participate in 2000 as an alternate.

She has gained much in her career, partly because of what she learned at the first conference she attended: Self-Esteem and Self-Confidence were not the same. She had plenty of confidence, it was self esteem she was unfamiliar with.

Her self esteem has improved while doing a job she enjoys and doing it well. Rhonda's purpose for being involved in ICSEW is to take information to her co-workers and maybe give someone else the kick start she's received as member of ICSEW.

Budget - Jerri Bennett

Jerri Bennett has worked for the state 12 years. Her first job with the state was a temporary position in payroll at Western State Hospital (WSH) as a Fiscal Tech. From WSH she went to McNeil Island Corrections Center as a temporary Warehouse Supervisor in the inmate store and then to Washington Corrections Center for Women (WCCW) as a temporary Fiscal Tech in accounting.

After four months at WCCW she was hired on as a permanent state employee. In December 1990 she took a promotion as a Warehouse Supervisor at McNeil Island.

Jerri started work at the Washington State Library in December 1994 and was promoted to a Supply Officer 2. Jerri's present duties include pur-

chasing for the library and all of its branches at the Department of Corrections (DOC) and the Department of Social and Health Services (DSHS). She also serves as Contract Manager, Inventory Manager and Credit Card Manager. For the past three years Jerri has been the Budget Liaison for the Materials Office Management Team.

She also has a business of her own called Debit & Credit Bookkeeping Service. She provides bookkeeping service as well as a professional tax preparation.

Jerri has been an ICSEW member for one year now and plans to be the Library's representative for the next three years.

Childcare Task Force - Chrystal Andoh



Chrystal Andoh is a Tax Information Specialist for the Washington State Department of Revenue (DOR). In this capacity, Chrystal serves as an initial telephone contact person, assisting taxpayers by providing authoritative information relating to tax liability and proper reporting procedures.

Chrystal provides up-to-date information to taxpayers and internal staff about tax laws, rules and policy changes.

She also serves on the Customer Service Team, Desk Manual Team and Internet Letters Team for the Telephone Information Center. During her tenure with DOR, Chrystal has held several positions ranging from Fiscal Tech to Executive Assistant to the Director.

In addition to her work as a Tax Information Specialist, Chrystal also serves as Chair to the DOR Interagency Committee of State Employed Woman (ICSEW) and as DOR's representative on the Governor's ICSEW.

Communication - Laura Leland

Laura Leland works for the Department of Retirement Systems (DRS).



Four years ago, she worked for a small daily newspaper in Aberdeen called *The Daily World*. She was a compositor and editor of the entertainment section of the paper. Laura has an AA from Grays Harbor College and a BA from Evergreen with an emphasis in English and writing. She is currently a Public Information Officer for DRS, where she works on the member communications and seminars team to create and publish retirement information for print and the Web.

Laura enjoys reading, writing fiction, walking and getting together with friends in her free time.

Conference - Pat Delaney

Pat Delaney works as the Planning component of "Planning and Research division" of the Department of Labor and Industries. Her primary responsibilities include consultation to the agency on effective performance measurement and management systems.

Pat has worked in a variety of jobs within the Department of Labor and Industries since 1987.

Prior to state employment she worked as a counselor and rural health educator.

Pat graduated in 1973 from the University of Maryland and in 1980 received a Master's Degree in Social Work from the University of Washington.

She enjoys many types of arts and crafts and her current passion is quilting.

Pat lives in Olympia with her husband and three teenagers.

Chair
Annykay Melendez
State Auditor's Office
Mailstop: 40031
(360) 586-2273
melendea@sao.wa.gov

Vice Chair
Rose Pelegrin
Department of Labor and Industries
pelr235@lni.wa.gov

Executive Secretary
Rhonda Scarborough
Department of Transportation
scarbor@wsdot.wa.gov

Budget
Jerri Bennett
State Library
jbennett@statelib.wa.gov

Communications
Laura Leland
Department of Retirement Systems
Mailstop: 48380
laural@drs.wa.gov

Conference
Pat Delaney
Department of Labor and Industries
deln235@lni.wa.gov

Education
Connie Clark
Health Care Authority
ccla107@hca.wa.gov

Health and Wellness
Vicki Rummig
Office of Financial Management
vicki.rummig@ofm.wa.gov

Membership
Mary Aulds (co-chair)
Employment Security
maulds@esd.wa.gov

Geri Nelson (co-chair)
Attorney General's Office
gerin@atg.wa.gov

Promotional and Career Opportunities
Debbie Robinson
Washington State Lottery
robinstd@lottery.wa.gov

Historian
Carol Maher
General Administration
cmaher@ga.wa.gov

Child Care Task Force
Chrystal Andoh
Department of Revenue
chrystala@dor.wa.gov

Meet The Board

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Education - Connie Clark

Connie Clark is a Registered Dental Hygienist (RDH) and a health educator who lives in the Puyallup area. Connie was married to Dick Clark who passed away the winter of 2000. She has two sons; Chad Mix

who is 23, and Jonathan (JJ) Mix who is 21.

Connie began her public health career in the Division of Health's Dental/Oral Health Program in 1977 working statewide. She has managed dental programs in DSHS's Division of Health in DOH's Health Promotion Division, and is currently working for the Health Care Authority's Community Health Services and DSHS/DDD's Dental Program.

Her hobbies are traveling, working in the yard, reading, biking, doing laundry, and writing.

Connie is a member of numerous professional organizations and has been working on her Master's degree for the past 10 years. She loves her job and loves to finish what she starts.

The saying, "Life IS what happens while I am making other plans" can most easily sum up Connie's life.

Wash Hands For Good Dental Health

February is National Children's Dental Health Month with a central focus on promoting good oral health for all.

The Washington State Public Health Association, the Washington State Dental Association and the Washington State Dental Hygienists Association, plus many others health organizations promote the "Lather Up for Good Health" campaign. Here's how to do it right:

When

Before:

- Touching or serving food

Health and Wellness -

Vicki Rummig

Vicki Rummig has been a state employee for eight years. She currently works at the Office of Financial Management as the Budget and Allotment Support System (BASS)

Product Manager.

This means she brings the customer perspective to new development of Web-based applications used by state agencies for budget and allotment related tasks.

What Vicki enjoys most about her job is the chance to work with others in the state while providing training and customer service.

Vicki is also a student at The Evergreen State College working on a Bachelor's in Liberal Arts. She hopes to return to the land of budget and policy in the future after she has earned a degree and the BASS products are substantially completed.

Health and Wellness is an issue close to her heart. Her goals as the Health and Wellness chairperson are to turn the word "exercise" into "play", "diet" into "healthy eating", and "personal time" into something that is acknowledged as benefiting others as much as ourselves.

- Treating a wound
- Handling contact lenses
- Caring for someone sick
- Brushing/flossing your teeth and gums

After:

- Using or helping someone use the toilet
- Diapering a baby
- Coughing or sneezing
- Caring for a sick child
- Wiping anyone's nose
- Being out in public
- Playing with pets
- Handling raw meat, poultry, fish
- Handling garbage
- Brushing and flossing your teeth

Historian - Carol Maher

Carol Maher has had the opportunity to be an active member of the ICSEW because the Director of her agency, General Administration (GA), was an ICSEW member

and published the *InterAct*. She has served as an alternate and as a member of the ICSEW, for four years. Carol has always enjoyed history and now has the chance to chronicle the activities of the ICSEW. At GA, Carol is the Program Manager for Barrier-Free Facilities.

Membership Co-chair- Mary Aulds

Mary Aulds, a Washington state resident for 25 years, is in her thirteenth year of state employment, currently employed with the Employment Security Department.

Her duties involve working with a diverse customer network in the Information Technology field where she sets up new computers and troubleshoots network, hardware and software problems for approximately 350 staff.

Mary enjoys the challenge of continual education and research with ever-changing technology and the opportunity to share this knowledge as a part of her daily customer service.

Membership Co-chair - Geri Nelson



Geri Nelson, a Washington native, has been with the Washington Attorney General's Office for six years and currently serves as Confidential Secretary to the

Director of Administration. She also works closely with the Attorney General and her Executive Assistant. Geri provides assistance to the Director of Administration for the non-legal services in the office. Before joining the Attorney General's Office she was the Confidential Secretary to Director of the Washington State Office of Marine Safety. Geri has an Associate of Arts degree in Legal Secretarial Science from South Puget Sound Community College.

Promotional and Career

Opportunities - Debbie Robinson

Debbie Robinson has been a state employee for 16 years and has been in Human Resources for 13 years. She is a Human Resource Consultant with the Washington State Lottery.

Debbie has been with Lottery for nearly three years, and she enjoys it immensely. She is currently working on a Bachelor's degree in Business Management, which she hopes to complete soon.

Debbie's extracurricular activities include singing, voice lessons, teaching Sunday School and singing in her church choir. She has two grown children. Her daughter is a Forensic Scientist with the State Patrol and her son is a junior at Central Washington University. Debbie and her husband live outside of Shelton.

How

1. Use warm running water and soap.
2. Lather up for 20 seconds...rub lather all over hands, in between fingers and under nails.
3. Rinse well and dry your hands.

Wash your hands the right way at the right times.

For additional information or to order handwashing posters call or e-mail Connie Mix Clark at the Health Care Authority (HCA), 360-923-2753, ccla107@hca.wa.gov.



February 14 Marks Women's Wellness "Lifting Mind, Body And Spirit" Event

10 am to 2:30 p.m., February 14, 2002

This year's event promises great new ideas for personal growth, self-improvement and self-defense. Not just for women, the conference offers a variety of medical resource information and demonstrations of interest to all.

"Lifting Mind, Body and Spirit" runs from 10 am to 2:30 pm, Thursday, Feb. 14, 2002, at the Labor and Industries Auditorium.

Sponsored by the Labor & Industries ICSEW Core Group of the Governor's Interagency Committee of State Employed Women (ICSEW).

Health & Wellness Challenge

Exercise (For an extra challenge, try three new activities this week.)

H	P	F	L	Y	A	K	I	T	E	T	G	C	V	P
J	G	T	B	N	S	O	F	T	B	A	L	L	O	D
U	E	L	M	Y	M	O	G	B	A	E	V	G	T	F
M	E	G	R	D	E	L	C	G	S	B	L	Q	R	G
P	Y	O	G	A	T	R	A	R	K	O	T	I	A	C
R	A	L	Z	N	A	R	M	I	E	B	S	R	M	P
O	Z	F	Y	C	D	R	C	V	T	Y	A	A	P	P
P	C	O	L	E	A	K	G	E	B	A	S	Q	O	B
E	E	G	N	C	B	J	F	R	A	N	E	W	L	A
R	E	I	I	O	Y	R	T	R	L	L	H	A	I	G
Z	N	J	X	B	I	D	Z	A	L	S	I	C	N	M
G	W	S	O	S	P	A	C	F	H	L	K	O	E	H
E	N	A	B	C	N	L	V	T	R	E	E	R	C	D
N	B	E	L	L	Y	D	A	N	C	E	Z	V	L	M
Y	E	L	R	K	J	W	S	Y	M	N	M	A	D	G

Word List

Yoga	Softball
Basketball	Jump Rope
Bellydance	Hike
Gardening	Tae Bo
Trampoline	Walk
Kickbox	Swim
Fly A Kite	Dance
Frisbee	Golf
Play	River Raft

Protect Your Vision From Computer Glare

If you spend a lot of time in front of a computer monitor, you should be taking proper precautions to keep your eyes healthy. Here are five tips:

● **Make sure your work station is adjustable.** This is especially important if you share your workspace with other people.

● **Keep office lighting to a minimum.** It's best to have a desk lamp to minimize the strain that fluorescent lights put on your eyes-on top of computer glare.

● **Make sure you have annual eye exams.** If you spend a lot of time looking at screens, you're more, susceptible to eye strains. It's important to visit your eye doctor regularly.

● **Take a lot of breaks.** Try to look away from your computer screen every 20 minutes to a half hour for about five minutes.

● **Shade windows to minimize glare on monitors.**



Self- Defense Training Offered

Many people of all ages live and/or work in potentially volatile situations. Because personal safety is important, the ICSEW is offering self- defense training sponsored by the Education Committee.

What: 3 hours of training for \$25

When: January 31, 2002

Where: Criminal Justice Training Center in Burien

Why: Because you're worth it

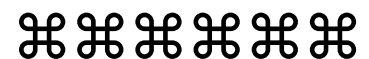
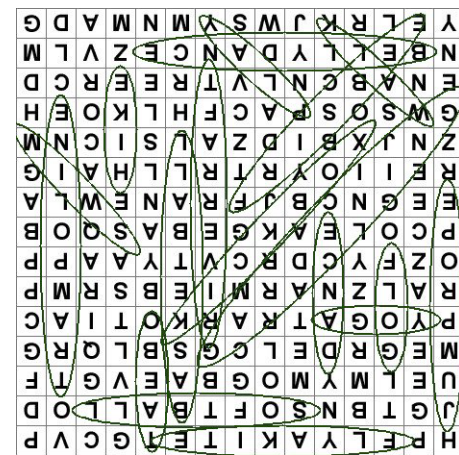
Participants will receive hands-on experience practicing self-defense tactics with professional trainers and will learn how to increase their personal safety.

For more information, call Connie Mix Clark, ICSEW Education Chair 360-923-2753.



"The difference between 'involvement' and 'commitment' is like an eggs-and-ham breakfast: the chicken was 'involved' - the pig was 'committed.'"

- unknown



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Photocopying, distributing and posting of this publication is strongly encouraged. This publication is available in alternate formats. All persons interested in submitting articles or ideas for this publication should contact their agency's ICSEW representative or:

*Laura Leland, InterAct Editor
Department of Retirement Systems
P.O. Box 48380
Olympia WA 98504-8380
Phone: (360) 664-7160
E-mail: laural@drs.wa.gov*



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